

A Diabetes Self-Management Workshop

A Fun, Easy 6-week workshop - Join us and learn ways to feel better, and deal with the frustrations and discomforts of living with Diabetes! **EVERYONE can benefit!**

Topics Include::

- Decision making and problem solving
- Monitoring blood sugar
- Preventing Complications
- Preventing low blood sugar
- Dealing with difficult emotions
- Healthy eating
- Developing a meal plan
- Reading nutrition labels
- Strategies for sick days



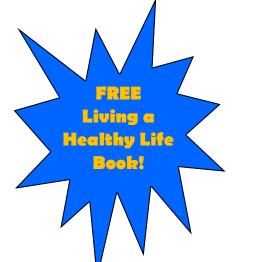
Begins November 5th, 2014

Meets: Nov 5, 12, 19 and Dec 3, 10 and 17

(Meets weekly for 6 weeks)

Wednesday Mornings from 9:45 to 11:45

Location : Berkeley County Senior Center
 217 North High Street, Martinsburg



REGISTER NOW!

Contacts:

 Dianne Waldron - Berkeley County Senior Center 304-263-8873

Bssadmin1@berkeleycountyseniorservices.org